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A Monthly Journal Devoted to Individual Unfoldment, Contact with The Great White Brotherhood and Co-operative World Service

IN THIS ISSUE

	Page
THE TEMPLE OF WISDOM AND ILLUMINED PEACE, (Himalaya)	2
Letter from the Maha Chohan	3
HOW TO ATTAIN TRUE FREEDOM, Saint Germain	6
The Maha Chohan says	10
LONG ISLAND IS SACRED GROUND, Maha Chohan	11
THE ASCENDED MASTERS ANSWER 100 QUESTIONS, by Mighty Zoroaster	12
THE MASTER CONTROL OF HARMONY, by Kuthumi	16
Advertisement	24

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THE BRIDGE TO FREEDOM

A Monthly Journal

VOL. X **October 1961** **No. 7**

TEMPLE OF WISDOM AND ILLUMINED PEACE
(Blue Lotus Retreat)
In Tibet, Himalayan Mountains, Asia

(The Ascended Master Retreat of the Month)
October 15th through November 14th, 1961

Hierarch: Lord Himalaya; Color of Flame: Gold
Keynote: Love's Old Sweet Song", Malloy

Breathing Statement for the Transmission of the Flame Class on October 21st, 1961

1	2	3	4	5	6	7	8
"I AM"	inbreathing	Beloved	Himalaya's	Mighty	Power	Wisdom	& Peace
"I AM"	absorbing	Beloved	Himalaya's	Mighty	Power	Wisdom	& Peace
"I AM"	expanding	Beloved	Himalaya's	Mighty	Power	Wisdom	& Peace
"I AM"	projecting	Beloved	Himalaya's	Mighty	Power	Wisdom	& Peace

Previous references to this Retreat
Bridge magazine: Vol. 1 No. 2; Vol. 2 No. 12; Vol. 4 No. 11; Vol. 8 No. 2
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THE REASON FOR TRANSMISSION FLAME CLASSES

Letter from the Maha Chohan to the Flame Class of October 21st, 1961

Beloved Ones seeking Wisdom of the Gods and that Illumined Peace which is LASTING for your dear selves and all on Earth:

It is with extreme pleasure that We meet in t h e heights of the Himalayan Range where Lord Himalaya, a God of the Mountains, has sacredly guarded so many of the precious manuscripts and priceless Treasures, all of which carry a Spiritual Lesson to the alert chela.

Although consciously directing your consciousness toward This Focus for years, this time you will find the actual essence of Divine Wisdom through which no human beings can again turn you towards fallacy o f any kind. Your Gentlemen Sponsors are the same Ones assigned to you in October, 1960, so that both They and you are well acquainted and can continue in this affinity of Spiritual Unfoldment. You can and will also feel deeply that LASTING PEACE, inbreathing, absorbing, expanding and projecting It to all that has temporary habitation upon the Planet Earth, and Her relief from distress will be known and felt by all imprisoned life everywhere.

A conductor of any God-Virtue must learn, not only to enjoy and retain for himself that Gift, but als o joyously expand and project that gift to others in an

impersonal way, even as We do. As you give, so is it given unto you! That is why I took the opportunity to establish the Transmission Flame Classes, knowing full well that the earnest chelas would, a n d well you have, join your dear breath with Ours in encircling the Earth with a blessing which is a permanent gift from any Ascended Master Focus.

Himalaya is Regal, Oriental in Nature, dignified in Manner and Gracious in the Extreme. Meet Me, and let Us look together upon the Mystic Blue Lotus, -- bless Himalaya and His Brotherhood and bring b a c k into the orbits (auras) of your homes some o f H i s Nature and then expand and project it about you.

Thus you prove, actually to the Brotherhood at the Temple of the Blue Lotus and all the Great W h i t e Brotherhood, that you are, even as Lord Jesus exemplified and expounded--"about your Father's Business".

Love and Blessings,

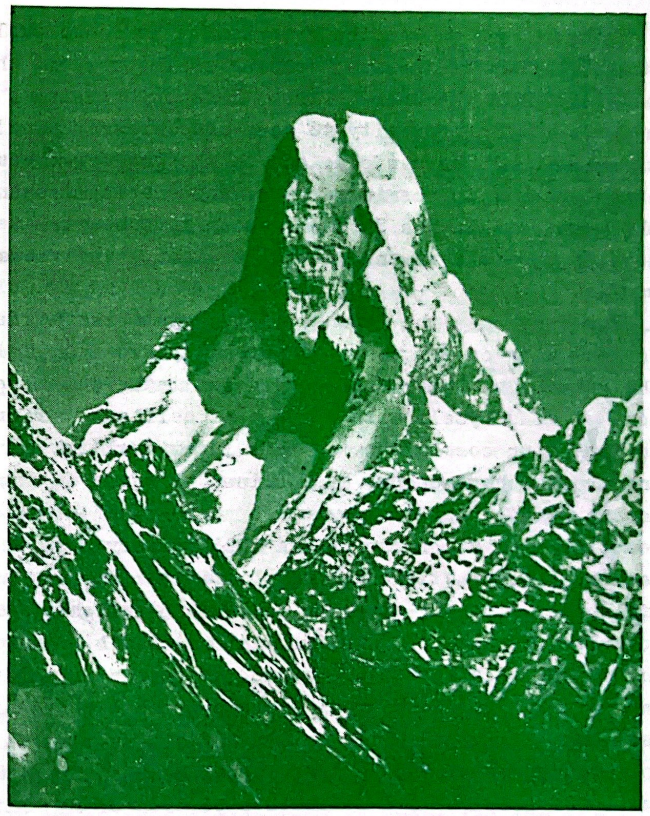
MAHA CHOHAN

* * * * *

Beloved Presence of God "I AM" and Beloved Lord Himalaya and All the Gods of the Mountains:

Make us strong as Your Mountains,
Filled with Your Peace,
Stablize us all
With Your Gifts released.

* * * * *



HOW TO ATTAIN TRUE FREEDOM

By the Ascended Master Saint Germain

I have long waited the opportunity to consciously train a group of incarnate chelas in the use of the powers within the Sacred Fire. This opportunity is afforded Me in proximity to your consciousness and My training shall be twofold; one in the loosing of your consciousness in cosmic service, and one in loosing the power within the Sacred Fire in your hearts to develop God-mastery and control in your individual worlds.

For many ages the teacher of the mysteries has had to deal with consciousnesses intent upon one thing:- the gaining of power and mastery for individual freedom. I find Myself with a group of selfless souls, so intent on cosmic service that individual mastery and freedom have become a sideline. Again We come to the "middle way." I want you to be God-free, beautiful men and women in the full mastery of perfect health, indestructible harmony, infinite supply and affluence, with the power to "make things right," and to write the name of "Freedom" in the hearts and consciousness of all that are bound, to remain as a living monument to the Flame I represent; and to return each man, woman and child to his God-estate. To this end as a personal and separate service apart from My Cosmic Office, shall I dedicate a portion of My Life to this development.

Beloved Hearts of Freedom, what is Freedom in its essence? If you will examine the consciousness in the contemplation of Freedom, you will find you think of it as a negative aspect of The Law; getting away from limitations, getting away from bondage, getting away from sickness, from age--escape out of shadows!

I am going to show you the positive aspect of Freedom--getting into the Heart of the Sacred Fire! As the self-conscious intelligence directing the Fire Element, you shall become master over circumstances. This is My request for you; that you learn the power which is in the Sacred Fire until the Sacred Fire within your heart, obedient to the self-conscious intelligence which you are, flashes forth at your command and is instantly master of energy wherever you meet it!

In the bringing of the Seven Flames of the Archangels and the Elohim to your attention, We are endeavoring to show you the aspect of the Sacred Fire which you can wield. Within the Flame in your Heart is every one of these Divine Aspects, represented in the Hierarchy by some God-free Being: Mercy, Purity, Freedom, Light, Opulence, Healing.

You must become acquainted with the Sacred Fire within your heart beat. You must learn to free that Fire at your conscious call, and then rely upon Its efficacy to act for you, removing the sense of strain which comes from endeavoring to press the law in to service through human will.

The Sacred Fire acts--It is intelligent - It acts when invoked and It will act for you according to the activity of it that you in contemplation desire to draw forth.

Please beloved ones, use these activities of the Sacred Fire in a practical manner for the regulation of the conditions of your worlds, in your homes, and in your affairs. If you are not the master control of the fire element which is abiding within your heart, which is only a few inches in height, how do you expect to be the master control of a series of fire bodies when you function as an Ascended Being?

Your feeling world is made up of water; Our feeling worlds are made up of fire! Your mental bodies are made up of ethers; Our mental bodies are made up of particles of living, vibrating, pulsating flame! Your physical bodies, your garments are flesh; Ours are bodies of fire! For a consciousness to earn the right to function within fire bodies, they must first learn to draw forth and master conditions in the 3rd dimensional world through the portion of the Sacred Fire entrusted to them. When you can utilize the latent power within the Immortal Flame of God that beats your heart, you have earned the right to the fire of your Causal Bodies; you have earned the right to the Fire of Freedom in its fulness.

Beloved ones, become acquainted with the power that is yours--experiment with the use of the Sacred Fire. How many centuries did I do so before I earned

the right to stand before the Karmic Board and hear those words: "You have now earned the right to consciously function in a White Fire Body, because thru the fire element anchored within a physical body, you have mastered external and internal conditions, and you therefore qualify as a Lord of the Flame"!

That is your training now! You have been chosen among all others on the Earth today, to be fashioned into the Living Heart of Freedom, and you are being trained through your conscious mind and feelings to rely wholly upon the Sacred Fire which is the immortal Presence of God beating your physical heart, awaiting your conscious invocation to come forth thru your world and manifest Itself!

What are priests and priestesses of the Flame? Individuals who have learned through invocation to set into motion the power of the Sacred Fire and to rest in It until manifestation occurs!

How long I was attracted to the power of alchemy before I attained My freedom! The physical flame itself held a great attraction for Me, and I felt within Myself that in that fire element was the master control of the various elements in the physical appearance world. In those ages We were endeavoring to develop formulas for gold out of base metals. Our consciousness stepping down the idea of transmutation, finally mastered it; but by the time We had done so, I had learned that which I wished to do most, was to

transmute my lower nature into the Divine Nature of My Master and My great Teacher; and the gold, like so many of the things that mankind feel are so important, was as nothing before that new and deep burning desire--and one day that too was accomplished!

I know, therefore, the feelings in your hearts. I know the tremendous interest in the things of a spiritual nature that has enabled you to pass through the initiations of these years, and to stand as enthusiastic, as powerfully vibrant in your spiritual energies today as you were when you first began. The spiritual enthusiasm of the average man lasts no longer than a year before they burn to ash and are no more; but the spiritual enthusiasm of a chela intensifies and increases through privation and through the various vicissitudes of the mental, emotional and physical natures, adding coals to the fire of enthusiasm by the various experiences that would dim the light of a lesser man. Thus We know that the Light, Itself, will do the sifting and sorting for Us. Those who remain after the ash is swept away, are the pure diamond core of Light, and on these We can say in truth that We will build a foundation which will last for many, many hundreds of years beyond the time when your blessed earth garments are outworn and you enter into the fire garments you have earned. Oh, We build for a beautiful day My Children.

* * * * *

LONG ISLAND IS SACRED GROUND
by the Maha Chohan

Five hundred thousand years ago when the Atlantean culture was at its height, the substance of the land which today is Long Island, was considered Sacred Holy Ground. It was then, as it is now, completely surrounded by water and the entire strip of land was dedicated to the priesthood.

The people of that age had achieved great illumination, understanding, and oneness with the God-Presence so that they knew the power of radiation and the importance of the vibratory action that passed through the bodies of embodied individuals.

It was The Law that none but the priests and priestesses to the Flame were ever allowed to set foot on the Island for it was a highly magnetized center of spiritual currents. Through its purity and the protection afforded it by the gentle acquiescence of the people, this Island became the most highly charged spot on the Earth's surface. It was not advisable for any who had not attained great spiritual advancement to step upon the Island itself, for the currents of force were charged through it, and it was like touching a high tension wire.

We intend to bring the same perfection forth on a spiral higher for the Permanent Golden Age, and We are endeavoring to revivify those currents of Light which have been drawn here for thousands of Years.

* * * * *

JESUS
World Teacher

THE ASCENDED MASTERS ANSWER 100 QUESTIONS

FOR THE SPIRITUAL EDIFICATION OF WORTHY CHELAS IN 1961

KUTHUMI
World Teacher

MIGHTY ZOROASTER speaks on the Law of the Rhythmic Breath:

"I AM" Zoroaster, One of the Divine Beings Who has offered the God and Goddess Meru My particular services in bringing the remembrance to the earnest chelas of the importance of Rhythmic Breathing.

XLI. WHAT IS THE EFFICACY OF RHYTHMIC BREATHING?

It clarifies the four lower bodies of the noxious substance which has been accumulated and lodged in the cells and atoms which make up these vehicles.

XLII. DOES RHYTHMIC BREATHING PERFORM THE SAME SERVICE AS THE USE OF THE VIOLET FLAME OF TRANSMUTATION?

Yes, the more the individual does the Rhythmic Breath, the more efficacious is the action of any Spiritual exercise.

XLII. THEN WHY STRESS THE IMPORTANCE OF THE USE OF THE VARIOUS FLAMES OF TRANSMUTATION?

Because the average individual has forgotten the proper use of the Rhythmic Breath which he once knew in the earlier ages. In the invocation of the Divine Beings Who direct the Flames of Transmutation, They send the Sacred Fire through the four lower bodies in a rhythmic manner, thus setting up an action of rhythm in these bodies. When the chela learns, and applies, the Law of the Rhythmic Breath, the Transmutation of imperfection will take place in almost instantaneous manner, the chela then being able to consciously co-operate with the Divine Being or Beings so invoked.

XLIV. HOW DO YOU SUGGEST THE CHELA PROCEED IN THIS EXERCISE OF THE RHYTHMIC BREATH?

Invoke the remembrance of the correct use of the Rhythmic Breath which is pulsating in the Causal Body of each chela, which he or she used in previous Golden Ages. In these Eras each such an one was a self-luminous Being whose locomotion was one of natural grace and beauty, expressing the Divine

Attributes as The Father-Mother God intended. From the tiny blade of grass to the most perfected Being on Earth, the rhythm of The Cosmos was channeled without interference for there was no discord of any kind. In these cycles the Cosmic Tone of the Planet Earth played its perfect part in the over-all Symphony of this Solar System. The Manu of each cycle strikes the keynote for that entire two thousand year period, and all the life bèlonging to His Root Race and sub-races is supposed to contribute to the Symphony which He directs. The Seven Manus designed Their keynotes to blend one with the other so that the final crescendo for the Planet Earth would resound in Victory when Saithrhu and His Children inhabited the Earth!

XLV. WHAT CAUSED THE DISSONANCE IN THE DIVINE SYMPHONY?

The misuse of the free will of some of the children of the Manus, as well as the inharmony of the "orphan" guests which over-populated the Planet and Her environs and distorted the natural Symphony.

XLVI. WILL YOU KINDLY GIVE US A SIMPLE EXERCISE IN RHYTHMIC BREATHING?

1. Call to the "I AM" Presence and Beloved Astrea to SWEEP Her Flame of Purification through the four lower bodies.

2. Ask your Holy Christ Self to consciously command the obedience and respect of the four lower vehicles to the Presence of Deity.

3. Exhale the breath through the oral cavity qualified with Astrea's Ray of Purity, accepting that purification emotionally, mentally, etherically, and physically.

4. The Beloved Maha Chohan secured a Dispensation from the Cosmic Law to instruct the chelas to breathe, individually and collectively, under the protection of the Divine Hierarch and Sponsor of each month. Indiscriminate experimentation with the use of the Breath without such protection is dangerous in the extreme.

5. To consciously cooperate with the Beloved Maha Chohan (Who gives you your first breath and receives your last on the Earthplane), it is imperative that you use the Breathing Affirmation of the current Ascended Master Retreat.

6. REMEMBER, this is an essential Spiritual Exercise which should be performed with as much dignity and reverence as the chela can command.

Beloved VICTORY, My Confrere, will speak on the Power of the Three times Three in the November 1961 Bridge.

* * * * *

THE MASTER CONTROL OF HARMONY
By the Ascended Master Kuthumi

I greet you in the name of the Presence of Harmony! It has been My joy and honor and privilege for many years now to carry the Master Control of H a r m o n y wheresoever I chose to move across the face of this Earth, and wheresoever I am invoked to assist those beloved lifestreams who show interest in the teaching of men to become a harmonizing Presence in themselves, and through themselves the Master Control of all circumstances.

Every Messenger who ever came from the Court of Sanat Kumara, sooner or later had to be the controlled power by which energy was channelled into constructive and beautiful form through them. Until that accomplishment is woven into the energies of the lifestream, the secrets and powers of the Sacred Fire that are held within the Kingdom of Harmony can not be released in their fullness into the receptive consciousness of the teacher first, and through him imparted to his students. So, in a measure does the teacher become responsible for the amount of Truth and Understanding flowing from the Everlasting Fount, because upon the control and mastery of his own energy does the message and the truth which flows into the lifestreams of the students in a Movement depend.

Within the heart of those great Retreats and sanctuaries which dot the surface of this globe, the most exquisite balanced control of energy forms the pattern for daily and hourly living. If any of you were

to step consciously in your physical bodies wit h in such a holy and sanctified place, your first impression would be one of exquisite peace and relaxation. This accounts for the fact that even in the orthodox world, the Kingdom of Heaven is described as a place of exceeding peace.

In My service to Life, representing as I do that great embodiment of Cosmic Harmony, Whom you have come to know and love as our Lord Divino (Lord Maitreya) it becomes My joyous opportunity whenever given entrance into the consciousness of a devotee of t h e Truth, to remind the outer self that Harmony,- like Mercy, Love, and Compassion,- is not a negative quality but a powerful and positive force belonging only to the strong, and cultivated through century after century of self-discipline.

It is often thought that individuals who s l e e p within the lethargy of inertia are expressing a n d experiencing Harmony, but nothing can be further from the truth! Those Messengers Who are embodied Peace, are not only masters of the energy which is their own allotted gift from the Source of Life, but they are the constant masters of the whirling sea of emotion and thought force of even the physical bodies of those who are around them.

We all sat with the Great Maha Chohan and discussed the coming opportunity when the attention of the Illumined, as well as the aspirants, will be focused on the Great Teachers--Lord Gautama, the Beloved Lord Divino, the Brothers of the Golden Robe and My Humble

Self. The Beloved Maha Chohan in speaking with Us suggested that We emphasize that every facet of expression through the entire Seven Rays is Embodied Harmony; whether it is the strong drive of ordered service in which every wheel fits into its proper place; whether it is the Harmony which comes from understanding; or the Harmony which is within beauty; the Harmony that lies within the compass of the scientific balance of life; or that within the glory of Our Beloved Brother Jesus' worship and ceremony; or the perfection and Harmony within the Seventh Ray.

We are so desirous of coupling the knowledge which feeds the intellect and stirs the feeling with that definite application by which those of you who are chosen to wear the Golden Robe may become the Master Control of the energies that are yet within the compass of your sphere of influence.

It is the service of the Brothers of the Golden Robe to in some manner infiltrate the consciousness of those lifestreams who are given the opportunity to contact and blend with their own Christ Selves, against the mass pressure of the tides of energy which form the lower atmosphere of Earth, until they can at least sense the power of the Presence within the heartbeat.

Again and again in the East, century after century is the student turned to that Teacher of Teachers--the Sacred Fire within the heart--until he can recognize Its Voice and comprehending Its Truth, lean no longer on form of any kind--neither Guru nor Master,

nor any externalized manifestation of The One. In our beautiful East where the heaven is open and the cathedral of life provides the natural setting for the development of the soul, it is not difficult for the individual to become quiet enough so that the impressed directives of the Master opens the way for that communion by which soul growth and development and spiritual maturity are attained.

When We turn Our attention to the West, the entire current and directives of Our endeavors must adapt themselves to the rapid pace with which the vibratory action of mankind at present is so deeply enmeshed. I long for the opportunity to take you collectively as well as individually, into an aura that has been protected and sustained in undisturbed Harmony for even thirty days.

Long before My own personal Victory, when I endeavored to draw the spiritual community at Crotona, My contemplations led Me to believe that <u>in the silence</u> this Peace and Harmony might be established sufficiently so that aspirants at least could find the way Home. Some thought that discipline of the silence severe,- and so it was,- for it made every man face himself and without the crutch of words or contact, he had to walk alone back into that Secret Place of the most High, and there abide, becoming cognizant through that endeavor of the Christ.

Many of you were with Me then, but for all of that you still remain at present enmeshed in this consciousness from which We would set you free!

As the Beloved Saint Germain is intensifying the radiation of the Freedom Flame, We are preparing to accept the consciousness of those of you who wish to go beyond the collective unfoldment of the group to that height of understanding which you all once knew, and which is thus but a reawakening of the dormant memory which stirs within you when We come together, but which slumbers again when the stimulus of Our Flame and Presence withdraws. With each such coming as Our Love enfolds you, that memory intensifies through the folds of your outer consciousness and you sleep not as soundly as before. So, in patience We return again, again, and yet again and gently feeding that Immortal Flame of Life within your hearts, We know that in so doing one day you, too, will become that Master Presence.

May I thank you on behalf of our Beloved Morya Whom I love as much as life itself, for your kindness and willingness to serve with him. It was not so long ago that We sat together and He spoke of the Design that He held within His Heart which He felt would help our Beloved Saint Germain as He faced another crises in His constant endeavor to serve the peoples of Earth. I promised to stand by His side for I love Him and I love the service in which Our Hearts' Light has bound Us together in a friendship which has been one of the sweetest experiences of My individualization. It is a beautiful thing for Me to see that His circle of friends grows larger and that those who feared Him,

fear no more but have accepted the kindness, the sweetness and the great love that is within His Heart.

As the days unfold into years and as you come to know Us and join in closer association with Us, I am sure you will cherish those friendships. As you do it brings us each into such a sweet association that enables Us <u>through you</u>, to serve the race, and you <u>through Us</u>, to taste the Glory of Heaven long before the day when your own individual Call is come:- the final page in your Book of Life written-- your record balanced and your hearts return Home!

We Who have passed this way, know well this yearning and the sacrifice entailed in remaining, for We, too, struggled with opinions, and We, too, hoped and felt disappointments through the accumulations of human selves; and yet We, too, stopped to build again upon the ashes of Our previous endeavors.

I stood and saw My beautiful School at Crotona burned to the ground, within it all the records of a life--all the exquisite achievement of pupils in whom I had invested all the energies of My Being; art work the like of which had not been since the days of Atlantis; sculpture, marble figures dashed from their pedestals and crushed by vandals' hands. Gardens and exquisite trees destroyed--until only a rubble remained of a Vision into which I had invested a life. And yet the experiences within that life were such that they did enable Me to become Master of Energy! My Teacher said: "You are now a Harmonizing Presence

which will never again be disturbed by any external distress nor any internal weakness. You are fitted to enter My Service and become a Member of My Court, and one day soon, if You choose, shall wear My Cloak upon Your shoulders!" I was happy then that, although the tears rolled down My cheeks as I saw My Dream destroyed, that I had held a certain peace even in that suffering.

If you could see each one, beloved children, how you build up that Mastery, you would really welcome opportunities to flood the Flame from within your own God Self through energy of a turbulent nature; and one day when you stand before Lord Divino (Lord Maitreya) and you feel the Benediction and Blessing as He confirms your appointment as that Presence, you will be happy indeed for every endeavor along this line.

I am grateful for your calls to Nature. I am sensitive to the song of Nature, and to her cry, for it was in the Cathedral of Nature that I found My Peace and My Ultimate Victory. And even yet wherever I am, so long as I remain within the orbit of this Earth, I sense and respond to any cry from the Earth or the Nature Kingdom, the four-footed Kingdom, or your own body elements when distress causes unhappiness. I have felt for the people of India and China where famines wipe out millions of lifestreams. I feel exceedingly for the people in every nation who suffer, because the creations of mankind have been such that

Nature can no longer abundantly supply them.

Where there are conscious students, where drought, flood, or pestilence or any kind of distress appears, it is so unnecessary. We always look with hope that one may open the door that We may render the service and bring the balance. It is one thing for the unconscious masses to suffer, but it is an indignity to Our Own Life and Our Friendship for those who are Our Heart Friends to allow such suffering in their presence.

May I commend you on your endeavors, and encourage you in My commendation to go further! I thank you and I bless you!

* * * * *

IN REMEMBRANCE OF SAINT GERMAIN

COLUMBUS DAY - October 12th

Let us honor the Beloved LANTO as well as the Ascended Master Saint Germain, Who as Columbus discovered America, for Lanto was even at that time the Head of the Great Teton Council and it was His magnetic currents that kept the wind blowing ever westward through Columbus' sails until He reached America. Thus, They have a cosmic tie through centuries of time.

* * * * *